

ROTATOR CUFF REPAIR REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-3 WEEKS POST-OP	- No PROM of shoulder for first 3 weeks except pendulums - ROM as tolerated for elbow, wrist and hand - For Biceps Tenodesis: - No Active elbow flexion until 3 weeks (AAROM ok)	Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.	- NO Pendulums - Cervical ROM - Begin scapula musculature isometrics / sets - Elbow, wrist, hand ROM - Ball squeezes - For Biceps Tenodesis: - No Active elbow flexion until 3 weeks (AAROM ok)
PHASE II: 3-4 WEEKS POST-OP	- Restore shoulder ROM (as tolerated) - Strict therapist directed PROM only for flexion, abduction, external rotation, internal rotation - Goal full PROM by week 6 - No therapist directed PROM for massive tears until 6 weeks.	Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.	- Codman's Pendulums - Supine passive ER stretches with broom handle - Table slides - Continue scapula musculature isometrics / sets - Elbow, wrist, hand ROM - Ball squeezes - For Biceps Tenodesis: - No Active elbow flexion until 3 weeks (AAROM ok)
PHASE III: 5-6 WEEKS POST-OP	- Progress PROM - Pool Therapy if available for AAROM (pool is the assistance) - Goal full PROM by week 6 - No therapist directed PROM for massive tears until 6 weeks.	- Continue use of sling until end of Week 5 - Between Week 5 and 6 may wear sling for comfort only - Discontinue sling at end of Week 6	- Supine AAROM (Not until 6 weeks for massive RTC tear) - Pulley exercises - Light scapular strengthening (retraction/protraction) , shoulder shrugs, scapular setting - Gentle joint mobilization and soft tissue mobilization
PHASE IV: 6-12 WEEKS POST-OP	Progress to full ROM without discomfort	None	- Stretching, mobs, ROM exercises - NO ROTATOR CUFF RESISTANCE EXERCISES - Progress supine to seated to standing AAROM - Progress pool based AAROM if available - Begin unrestricted AROM against gravity at 9 weeks

PHASE V: 12-24 WEEKS POST-OP	• Full ROM without discomfort	• None	• Begin light theraband resistance exercises for the rotator cuff (for massive tears, do not start resistance exercises until 18 weeks) • Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids • Progress with theraband exercises slowly to tolerance • Begin to add sport and job specific activities
PHASE VI: 6-8 MONTHS POST-OP	• Full ROM without discomfort	• None	• If cleared by Dr. Roth, may now be able to return to: • Weight Training • Skiing • Golf • Basketball • Manual Labor
PHASE VII: 8+ MONTHS POST-OP	• Full ROM without discomfort	• None	• If cleared by Dr. Roth, may now be able to return to: • Throwing Sports • Tennis • Volleyball